

### ***Where Fitness is Safe and Fun!***

The SEC has a wonderful fitness program that consist of daily fitness classes and a well-equipped facility. Our Fitness classes are led by our Fitness Room Coordinator Esther Zolman and volunteers.

#### **Fitness Room:**



The Fitness Room at the SEC is equipped with both cardio equipment and strength training equipment.

Cardio equipment includes treadmills, recumbent and upright bikes, seated steppers, ellipticals, and a rowing machine.



Strength training equipment includes seated abdominal/low back combo, seated hip abduction/adduction, seated chest, shoulder and back, dip/chin/leg raise station, dual cable cross core trainer, and standing squat.



In addition to strength and cardio, the Fitness Room has free weights, body bars, stability balls, resistance tubes, and stretching station.

#### **Group Exercise:**

Group Exercise classes offer something for everyone. Classes are presented as beginner level with the exception of Hi/Lo Interval. Our classes focus on proper body mechanics, balance, posture, core strength, stretching and flexibility.



Fitness Classes currently offered at the SEC:

- Syner Stretch  
Tuesdays and Fridays 10:30am  
Led by Paul Newnam
- Cardio Combo \*\*No Class 9-4\*\*  
Wednesdays 10:00am  
Led by Esther Zolman
- Hi Lo Interval \*\*No Class 9-2\*\*  
Mondays 10:00am  
Led by Esther Zolman

Classes require Fitness membership with the Senior Center and a \$2.00 fee per class. Classes are subject to change or cancellation without prior notice.

### **Becoming a member of the Fitness Program**

#### ***What are the Requirements?***

The Fitness Room and group exercise classes are offered to any Moore County resident aged 50 and over.

#### ***How do I Begin?***

First you will need to have your medical provider give clearance for you to participate in our exercise program that at times is unsupervised. We also need to know if you have any limitations in order for you to exercise safely here. We have an informative letter available for you to have signed by your medical provider, to access a copy click [here](#).

#### ***What Next?***

After you have obtained your medical clearance you must attend a New Member Orientation

before participating. Orientations are offered weekly and are space limited to ensure effectiveness. At the orientation you will complete a Physical Activity Readiness Questionnaire, sign a Release and Notice of Privacy Practices. Everyone will visit the gym area and perform an exercise warm up with our Certified Personal Fitness Trainer. Your membership card is assigned and the orientation is complete!

### ***How much does it cost?***

The fee for using the Fitness Room is \$2.00 per day. There is no annual "membership" fees or contracts, however we do offer a pre-pay system.

### ***When can I use the Center?***

The SEC Fitness Room is open  
Monday, Wednesday & Friday 7am-5pm  
Tuesday & Thursday 7am-10pm  
Saturday 8am-1pm

A Certified Personal Fitness Trainer is on site Monday-Friday (hours vary).

Feel free to call 215-0900 anytime to obtain more information, schedule a New Member Orientation or to set up a one-on-one appointment with our trainer.